

"Love is a choice you make everyday."
- Gary Chapman

THE 5 LOVE LANGUAGES

PHYSICAL TOUCH

EXAMPLES:

- Cuddling
- Holding hands
- Kissing
- Sexual Intimacy
- Touch them as you walk by
- Playing with their hair
- Rubbing their feet or back
- Massage
- Sitting close on the couch
- Any reassuring touch

Physical presence and accessibility are important. They love to receive hugs, pats on the back, hold hands and just be near others.

ACTIONS TO AVOID:

- Neglect
- Abuse of any kind

Touching with love can be an "emotional life-line" to reach your spouse.

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RECEIVING GIFTS

EXAMPLES:

- Engagement ring
- Flowers
- Trinket with their favorite TV show, animal or band on it
- Memento from a meaningful date
- Bring home their favorite treat
- A trip to a place they've always wanted to go
- Anything they have ever talked about wanting
- The gift of yourself

Gifts and gestures show that you are known, loved and cared for. They thrive on the thoughtfulness and effort behind a visual representation of love.

It's the thought that counts!

ACTIONS TO AVOID:

- Missing birthdays or anniversaries
- Thoughtless Gifts

The best gifts are the ones that are the most meaningful. If you struggle to know what gift to get then just ask! Ask their friends, ask their family members, ask them!

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QUALITY TIME

EXAMPLES:

- Going for a walk and talking about your day
- Meeting for lunch
- Taking a weekend trip away
- Spending time with the children
- Preplanned thoughtful date
- Family vacation
- Quality conversation
- Gardening together
- Working out together
- Cooking together

Spending time together while being present and giving your full undivided attention. Turn off the televisions and put the phones away and be present.

Love really is spelt T-I-M-E!

ACTIONS TO AVOID:

- Distractions
- Postponed Dates
- Not Listening

A SUCCESSFUL QUALITY TIME ACTIVITY:

- 1 One or both of you WANT to do it
- 2 The other person is WILLING
- 3 You both know that you are EXPRESSING your LOVE to each other through this activity

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WORDS OF AFFIRMATION

EXAMPLES:

- Saying "I love you"
- Telling them the reasons you love them
- Encouraging your spouse
- Tell others how great your spouse is
- Notes of appreciation and love
- Send loving text messages
- Compliments
- Acknowledge them when they do good

Expressing your love in sincere words and explaining the reasons why. Saying the words "I LOVE YOU" is important but sharing the reason behind why you love them is most important!

"I can live for two months on a good compliment!"
- Mark Twain

ACTIONS TO AVOID:

- Insults
- Criticism

SAY what you MEAN and MEAN what you SAY!

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ACTS OF SERVICE

EXAMPLES:

- Doing the dishes or laundry
- Washing their car
- Running Errands for them
- Fixing things around the house
- Helping them with a project
- Doing things without being asked
- Sacrificing what you want to do for them

The things you do to ease the responsibilities and burdens of others. It means a lot when someone goes out of their way to do something for someone else especially when it's a sacrifice.

Actions speak louder than words!

Acts of Service can be misinterpreted. Communication is Key; ask them how they would like to be shown love!

ACTIONS TO AVOID:

- Laziness
- Broken Commitments
- Making more work for them